

Fruit Crisp²⁰

Number of Servings: 20 (132.61 g per serving)

Amount	Measure	Ingredient
5.00	lb	Peaches, dices, w/extra light syrup, cnd
1.00	oz	Gelatin, raspberry, sug free, low cal, dry mix, svg
3/4	cup	Oats, rolled, quick cooking
3/4	cup	Flour, whole wheat
1/4	cup	Margarine, soft, hydrog & reg soybean oil, Gold n Soft
1.00	tsp	Spice, cinnamon, ground
2.00	cup	Topping, whipped, lite, Cool Whip

Nutrients per serving

Nutrition Facts		
Serving Size (133g)		
Servings Per Container		
Amount Per Serving		
Calories 120	Calories from Fat 30	
% Daily Value*		
Total Fat 3.5g		5%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 70mg		3%
Total Carbohydrate 21g		7%
Dietary Fiber 2g		8%
Sugars 13g		
Protein 2g		
Vitamin A 6%	• Vitamin C 20%	
Calcium 0%	• Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Notes

*Drain canned fruit of choice (peaches used in above recipe but unsweetened canned apples or apples in very light syrup can be used to make APPLE CRISP). If raw fruit is used, more baking time will be required.

Measure out 4 oz or 1/2 c canned fruit for each serving

*Each 1/10 oz = ~ 1 t. dry sugar free gelatin; amount can be increased or decreased depending upon sweetness desired. (3 t = 1 T)

Any flavor SF Jello can be used that will compliment fruit being used.

Pour drained peaches into baking pan(s) that will hold yield being prepared and can be cut into pieces for serving later. Sprinkle 1/2 of dry SF Jello over top of fruit in pan(s).

Mix remainder of dry SF Jello with the rolled oats, flour, and cinnamon. Stir/cut in margarine until mixture is crumbly. Sprinkle over fruit. Bake at 350 for ~ 25 minutes. Cool. Serve with 1 1/2 T Light Cool Whip type topping per serving.

1 serving = 1/2 cup or #8 scoop

1 serving = ~21 grams carbohydrate = 1 1/2 carb serving